



**Saturdays in Big Spring Park**  
**Kickoff 5/18/13**  
*Big Spring Park Main*

	<b>Japanese Bridge</b>	<b>North Patio (Mus of Art)</b>	<b>South Area</b>
<i>Surface</i>	<i>Grass</i>	<i>Concrete (3,100 sq ft)</i>	<i>Grass</i>
<b>9:00am</b>	Yoga—Annette Beresford— Yoga Center	Pilates—Terrie Moultrie— HH Wellness Center	Boot camp—Joe Martin—Adventure Boot Camp
<b>10:00am</b>	Piloxing—Tasha Edwards— University Fitness Center	Zumba—Mira Poole – HH Wellness Center	Hula Hooping—Chrisha Favors—Circle Motion Hoops
<b>10:30am</b>	Runner's Yoga—Christy Scott—Fitness on the Move (near finish line)		
<b>11:00am</b>	Tai Chi –Whitney Rose— Master Your Balance	Ballroom Dance—Erica Gore— Southern Elegance Dance Studio	*Workouts w/ Dallas & RMac—Dallas Terrell, Robert MacAdory--N2 Fitness & RMac Training (grassy area by TRX) *TRX class—Jeidi Pippins & Elizabeth Wilson—SWEAT

**\* 2 demonstrations**